

Healthy Campus

Report Addendum

Fiscal Year 2026

(July 1, 2025 - June 30, 2026)

**USC
HEALTHY
CAMPUS**

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USC Healthy Campus

Creating a healthier USC starts with all of us.

USC Healthy Campus (Healthy Campus) is a university-wide movement that brings together faculty, staff, leaders, and volunteers to create a healthier, more connected workplace. Through collaboration, evidence-based programs, leadership engagement, and organizational change, Healthy Campus helps embed health and well-being into the everyday experience of working at USC. Together, we're creating an environment where every Trojan has the opportunity to thrive.



Join the movement. Whether you're interested in participating in a program, becoming a Healthy Campus volunteer, partnering with us, or supporting our mission through a [donation](#), there are many ways to help create a healthier USC.

USC Healthy Campus Report Addendum Fiscal Year 2026

July 1, 2025 - June 30, 2026

USC Healthy Campus Initiative

In support of USC's Unifying Value of [Well-being](#), WorkWell's Health & Well-being team focuses on creating a health-promoting university. This includes health promotion and education, creating an infrastructure for a culture of health, and influencing campus practices, policies, and systems to support a healthy environment. The program encourages USC faculty and staff to live healthier lifestyles and create a culture of health and well-being throughout USC.

[USC Healthy Campus Initiative](#) is WorkWell's flagship culture of health and well-being program. Healthy Campus is a comprehensive, collaborative, and long-term strategy that emphasizes the value and importance of employee and organizational health and well-being. Healthy Campus is a cross-campus collaboration with faculty and staff representing various schools and units coming together to improve health and well-being at USC, focusing on supporting individual well-being combined with influencing changes to settings, practices, and policies.

This report serves as an addendum to the [inaugural Healthy Campus report \(FY21 – FY23\)](#). Information in this report reflects FY26 (July 1, 2025 – June 30, 2026).

Healthy Campus: At-A-Glance

Leadership & Collaboration

- **63** Healthy Campus Advisory Committee members
- **281** Subcommittee members
- **81** Healthy Campus meetings
- **1,001** Meeting attendees



Programs & Services

- **239** Organizational services provided
- **8,568** Organizational service participants
- **3,165** Wellness program participants

Leadership Support & Impact

- **12** Dean/Chair consultations
- **12** Wellness Ambassadors
- **97%** Average participant satisfaction



Campus Reach

- **1,460** Healthy Campus homepage visits
- **4,183** Healthy Campus mailing list subscribers

Healthy Campus Leadership



Steven Siegel, M.D., Ph.D.

Vice President for Behavioral Health, University of Southern California
 Chair and Professor, Department of Psychiatry and the Behavioral Sciences
 Professor of Neurological Surgery, Population & Public Health Sciences, Keck School of Medicine
 Professor of Biomedical Engineering, Viterbi School of Engineering
 Chief Mental Health and Wellness Officer, Keck Medicine of USC
 President, USC Care Medical Group



Lara Hilton, PhD, MPH

Director, USC WorkWell Center



Julie Chobdee, MPH

Associate Director, Health & Well-being Program, USC WorkWell Center

Organizational Realignment and Expanded Impact

In July 2025, the USC WorkWell Center transitioned from Human Resources to the Office of Health Affairs, led by Dr. Steve Shapiro, marking an important evolution in USC's approach to employee mental health and well-being. WorkWell became part of the newly established Behavioral Health division, led by Dr. Steven Siegel, Vice President of Behavioral Health, Chief Mental Health Officer of Keck Medicine of USC, and Chair of the Keck School of Medicine Department of Psychiatry and Behavioral Sciences.

This organizational change more closely aligns WorkWell with USC's broader behavioral health strategy and creates greater opportunities for integration and collaboration across the university. The alignment strengthens WorkWell's ability to provide comprehensive support spanning confidential counseling, crisis response, organizational consultation, health promotion, and preventive well-being services for USC faculty and staff.

New Healthy Campus Advisory Committee Members (Since July 1, 2025)

Members Representing Administrative Units

Erika Gonzalez

Executive Assistant
USC Advancement

Julia Smith

Manager, Inclusion and Culture
Health Systems Operations

Phil Turner

Program Manager
USC Housing

Tiffani Mendinueto

Manager, Marketing & Communications
USC Information Technology Services

Members Representing Schools

Cindy Crusto

Professor of Clinical Psychiatry and the Behavioral Sciences; Senior Associate Dean for Program Development, Effectiveness, and Evaluation in the Office of Faculty Affairs, Advancement, and Inclusion, Keck School of Medicine

Luz Moncayo

Senior Office Manager
Keck School of Medicine

Shanta Smith

Associate Professor of Clinical Education
USC Rossier School of Education

Visit the Healthy Campus website for a full list of [Advisory Committee members](#).



Healthy Campus Subcommittees

Healthy Campus is a cross-campus collaboration with faculty and staff representing various schools and units coming together to improve health and well-being at USC and create healthy cultures and work environments. Subcommittees were formed December 2022 with regular meetings starting in January 2023. There are 281 total subcommittee members across all nine subcommittees. All subcommittees have submitted an action plan with details on short- and long-term project deliverables.

Subcommittees are open for USC faculty and staff to join at any time. For more information, contact Julie Chobdee, Associate Director, Health & Well-being Program, at jchobdee@usc.edu.

Built Environment and Sustainability

14 Members

- Promoted the [Nearby Nature](#) website and [6 audio tours](#) to showcase native plant sites on campus.
- Developed content for a sustainability/wellness mini-module.
- Explored opportunities to leverage projects to support preparation for LA28. Drafting recommendations for accessibility, rest spots/shade, water access, and lactation spaces.

Co-Leads

- Angie Young, Instructional Designer, USC Bovard College
- Yogi Matharu, Associate Professor of Clinical Physical Therapy; Associate Chair, Clinical Services, Director of Physical Therapy Clinical Services, USC Division of Biokinesiology and Physical Therapy

Communications and Marketing

14 Members

- This subcommittee was on hiatus for FY26 and will begin meetings July 2026.

Project Updates for FY26

Data and Evaluation

22 Members

- This subcommittee was on hiatus for FY26 and will resume in FY27.

Co-Leads

- Lara Hilton, Director, USC WorkWell Center
- Shawn Roll, Associate Professor of Occupational Science and Occupational Therapy, USC Chan Division of Occupational Science and Occupational Therapy

EatWell

32 Members

- Designated 41 [EatWell branded meals](#) to offer balanced, nutrient-rich options on campus.
- Offered monthly [EatWell Bites](#) nutrition education sessions with 500 registered, 538 attendees and 3,659 program materials distributed post-session.
- Completed and promoted [EatWell Cookbook](#) with recipes from faculty and staff.
- Provided Basic Needs office with resources for free food/pantries across Southern California.
- Provided recommendations for healthier vending machines.

Co-Leads

- Cary Kreutzer, Instructional Professor of Clinical Gerontology and Pediatrics, USC Leonard Davis School of Gerontology and Keck School of Medicine
- Lindsey Pine, Dining Dietitian, USC Hospitality

Financial Wellness

18 Members

- Promoted resource sheet highlighting [financial wellness resources](#) at USC.
- Offered the “[Foundations of Financial Wellness](#)” webinar series with a total of 510 registered, 388 attendees, and 1,690 program materials distributed post-session.

Co-Leads

- Janna Wong, Senior Lecturer, Business Communication, USC Marshall School of Business
- Peter Cardon, Professor of Clinical Business Communication, USC Marshall School of Business

Project Updates for FY26

Mental Health

62 Members

- Presented session on mental health benefits and resources with 86 participants.
- Offered Mental Health First Aid Training to 79 participants.
- Developed [checklist for managers and employees](#) on supporting a mentally healthy team.
- Developed anti-stigma campaign email signatures.
- Hosted 2 mental health awareness walks with senior leaders with 71 participants.
- Partnered with Staff Assembly to brainstorm ways to socialize the updated [sick leave policy](#) that explicitly includes mental health.
- Developing substance use prevention program website with education resources.

Co-Leads

- Cynthia Ryan, Associate Director, Clinical Services, USC WorkWell Center
- Jesus Chavez, Assistant Director, Office of Community Expectations, Student Affairs
- Marcos Briano, Associate Professor (Teaching) of Physical Education and Mind Body Health, USC Dornsife College of Letters, Arts, and Sciences
- Michelle Tam, Employee Development Specialist, Learning & Organizational Development

MoveWell

33 Members

- Maintained [WalkUSC](#) with 460 unique participants and 1,862 walk check-ins.
 - Hosted monthly sustainability-themed walks and celebrated WalkUSC's third anniversary with a special walk attended by 74 participants.
 - Enhanced program with themed-walks: Fall Connection, Walk with Physical Therapists, Gratitude walk, Walk with a Fitness Trainer, Peace walk with Office of Religious and Spiritual Life, Staff Assembly Appreciation walk.
- Developing “[Move with USC](#)” animated exercise posters to increase movement and prevent/reduce injuries.

Co-Leads

- Aimee Diaz, Associate Professor of Clinical Physical Therapy, USC Division of Biokinesiology and Physical Therapy
- Linda Bazilian, Academic Programs Director, USC Dornsife College of Letters, Arts, and Sciences

Project Updates for FY26

Social Connection and Belonging

38 Members

- Updated the list of [volunteer opportunities](#) on and off campus.
- Coordinated in-person social connection opportunities across UPC and HSC.
- Coordinated volunteer opportunities through the SC Day of Service and Staff Assembly.
- Provided space for social connection and belonging opportunities during meetings.
- Created a [social connection and belonging guide](#).

Co-Leads

- Elaine Padilla, Senior Employee Development Specialist, L&OD, HREC
- Erika Gonzalez, Executive Assistant, USC Advancement

Work-Life Harmony

48 Members

- Developed resource sheet with information for [work-life harmony related resources](#).
- Benchmarked work-life harmony initiatives at other universities.
- Partnered with Office of Civil Rights Compliance and Facilities Planning Management to organize data for a centralized lactation space map.
- Supported updates to the Lactation Modification Policy.
- Planning a caregiving education and connection series for Spring 2027.

Co-Leads

- Christina Paddock, Associate Professor of Social Work Practicum Education, USC Suzanne Dworak-Peck School of Social Work
- Kim Goodman, Associate Professor of Social Work Field Practicum Education, Student Wellness Coordinator, USC Suzanne Dworak-Peck School of Social Work

Progress and Accomplishments



Integrating Well-being Into Policies and Practices

In partnership with several key stakeholders, here are a few highlights and examples of where we have made progress and continue to embed well-being across the university.

Talent Acquisition



- Presented and provided materials to recruiters to support recruitment efforts, showcasing WorkWell and Healthy Campus.
- Inclusion of WorkWell programs and services in the TA-Recruitment Flipbook.

Onboarding



- Supervisor and Manager Onboarding Playbook includes a section for health and well-being.
- WorkWell, representing the unifying value of well-being, is part of Fight On! New Trojans (FONT!) new hire orientation.
- New hires are provided with WorkWell's [Health & Well-being Resource Directory](#) and [WorkWell Guide](#) and are encouraged to participate in WalkUSC to get to know the campus and meet colleagues.
- Developed and launched monthly "[Cultivating a Culture of Care: New Trojan Well-being Connection](#)" sessions with On-boarding team.

Learning and Development



- Integration of health and well-being content into the Management Essentials Program - Manager Resource Guide Kit and working session.
- Supported the review of several well-being related courses for Trojan Learn playlists.
- Collaborated on the development of the Care in Action Campaign for the Trojan Spotlight Recognition Program.

Progress and Accomplishments

Policy



- Provided recommendations for lactation modifications policy update and space recommendations.
- Supported Staff Assembly socialization of mental health incorporation into sick leave policy.

Sustainability



- Inclusion of well-being assets in the [Sustainability map](#).
- Incorporation of Nearby Nature in campus tour scripts.

Communications



- Working in collaboration with HR Communications to provide content and subject matter expertise for the monthly “Wellness at Work” column in the Employee Gateway Newsletter.
- Integration of Lactation room data in FPM Map.

Student Life



- Working with Counseling and Mental Health (CMH) to develop pilot program for faculty and staff to support student mental health.

Faculty



- Meeting with Deans, Faculty, Faculty Councils, and Academic Senate to discuss tailored support, along with Dean designation of school Wellness Ambassadors tied to service credit.

We welcome other ways to embed well-being into policies, practices, and systems.

If you have an idea and want to work with us, please contact Lara Hilton at lhilton@usc.edu, and Julie Chobdee at jchobdee@usc.edu.

Outreach and Engagement

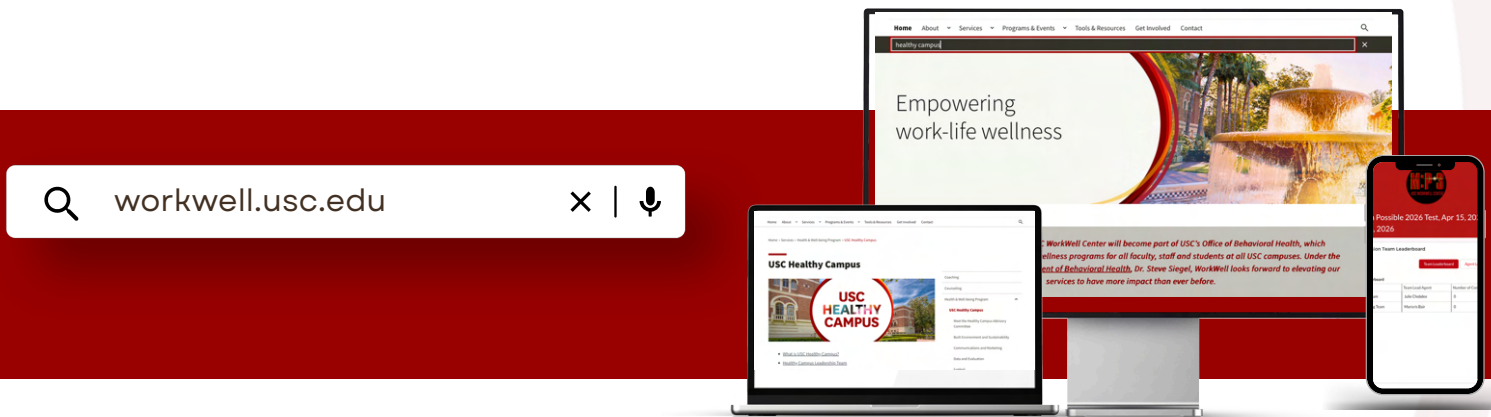
WorkWell's Health & Well-being team participates in several outreach and engagement activities throughout the year. We are part of various committees within and external to Healthy Campus, participate in tabling events and fairs, conduct roadshows, trainings, and presentations for schools and units, and support orientations for new hires. We have established collaborations throughout USC and with community partners.



Roadshows, Presentations, and Trainings		
FY26 (7/1/2025 - 6/30/2026)		
Category	Count	Participant
Committee	80	1,026
Consultation	37	140
Group	1	10
Information and Referral	8	17
Orientation	26	2,065
Presentation	30	1,542
Program	57	3,768
Grand Total	239	8,568

USC Healthy Campus Mailing List: 4,183 faculty and staff are receiving 1-2 emails a month.

USC WorkWell Website



Our website, launched in March 2022, showcases our programs, videos, guides, reports, and other health and well-being resources. In April 2025, we added all Healthy Campus reports and Program Summaries.

USC WorkWell Website Metrics (FY26: 7/1/25 - 6/30/26)

Webpage	Page Views	Active Users
WorkWell Home Page	113,934	9,301
Healthy Campus	1,460	1,065
Navigating Challenging Times	5,669	3,795
WalkUSC	5,388	3,984
EatWell Bites	5,288	3,864
Volunteer Opportunities	4,565	3,404
Counseling	3,621	2,525
Site-Wide Totals	88,045	49,144

- Views count every individual time a page loads.
- Active users count unique individuals who have interacted meaningfully with the site.
- A user is considered active if they are a first-time visitor or have an engaged session (staying for more than 10 seconds, triggering a conversion, or visiting two or more pages).

Healthy Campus Meetings

Throughout the year, the Healthy Campus Advisory Committee and its subcommittees continued to strengthen cross-campus collaboration by bringing together faculty and staff from across USC to advance a culture of health and well-being. Regular meetings provided opportunities to share expertise, develop initiatives, foster partnerships, and drive meaningful progress toward Healthy Campus priorities.



Healthy Campus Engagement

- **63** Advisory Committee members
- **81** meetings
- **1,001** meeting attendees
- **57** celebration attendees

Navigating Challenging Times (July 2025 - December 2025)

To support the move towards fiscal sustainability, Navigating Challenging Times, a holistic program to promote employees' mental health and well-being was offered to USC faculty and staff. The program offered weekly dialogue groups, webinar series, individual counseling, leader consultations, and critical incident support.

Navigating Challenging Times webinar series supports USC faculty and staff to navigate through periods of uncertainty with greater confidence. The series provided practical strategies and insights for managing stress and fostering resilience as well as ways to prioritize self-care practices, develop healthy coping strategies and create sustainable routines.

- **278** registered for the series (unique)
- **377** total employees attended the series (non-unique)
- **14** presentations (**743** attendees) on self-care to support campus community



Health & Well-Being Consultations with Deans

As part of our shared commitment to enhancing USC's culture of health & well-being, our Health & Well-being Consulting Services partners with schools, units, and departments across campus to develop evidence-based strategies and recommendations for a health-promoting environment.

During Spring Semester 2026, the WorkWell leadership team met with Deans and Faculty to provide health and well-being consulting. Our aim is to listen, learn, and take away ideas to better support faculty well-being in the midst of challenges of the current academic environment.

These meetings are critical in strengthening awareness and utilization of WorkWell programs and reinforcing our commitment to supporting schools, units, and departments during this period of fiscal transition. These efforts also highlighted how WorkWell provides both individual and organizational-level support to promote a sustainable, well-being-focused culture at USC.

Health & Well-being Consultations

During Spring 2026, the WorkWell leadership team met with **10 Deans and 2 Division Chairs** to provide health and well-being consultations and discuss strategies for supporting faculty well-being across USC.



Faculty Engagement

Throughout the Fall and Spring semesters, the WorkWell leadership team engaged with Faculty Council Presidents, the Academic Senate, school-based Faculty Councils, and Faculty Town Halls to better understand the academic environment and identify opportunities to strengthen faculty well-being.

These conversations highlighted several recurring priorities:

- Address systemic stressors and cultural challenges
- Support leadership development and workload equity
- Strengthen community-building and collaboration
- Increase awareness and communication of available resources
- Advance policies and environmental changes that normalize well-being

A consistent message emerged across schools: Faculty are seeking meaningful, structural, and sustained support, not just wellness programming, but lasting culture change.

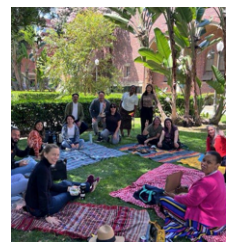
Wellness Ambassador Program



Wellness Ambassadors play a vital role in supporting the promotion of health and well-being among USC faculty and staff. Wellness Ambassadors are faculty and staff volunteers who serve as USC's key communicators for USC Healthy Campus, helping direct employees to wellness programs, activities, and resources. Wellness Ambassadors also assist in driving local-level engagement and implementing strategies to create and sustain a campus culture that integrates health and well-being into all policies, practices, systems, and environments.

On May 7, 2026, we oriented our first set of Wellness Ambassadors:

- **Alba Adrian**, Marketing Administrator, **Marshall School of Business**
- **Angie Young**, Instructional Designer, **Bovard College**
- **Audrey Harrer**, Creative Content Manager, **Bovard College**
- **Cindy Crusto**, Professor of Clinical Psychiatry and the Behavioral Sciences; Senior Associate Dean for Program Development, Effectiveness, and Evaluation in the Office of Faculty Affairs, Advancement, and Inclusion, **Keck School of Medicine**
- **Didi Matthews**, Professor of Clinical Physical Therapy, **Division of Biokinesiology and Physical Therapy**
- **Diane Beltran**, Adjunct Associate Professor, **Bovard College**
- **Erin Bussell**, Assistant Professor of Clinical Occupational Therapy, **Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy**
- **Jose Garcia**, HR Leave and Workers Comp Specialist, **Herman Ostrow School of Dentistry**
- **Judith Shelton**, Assistant Professor of Theatre Practice in Comedy, **School of Dramatic Arts**
- **LaVonna Lewis**, Vice Dean of Student Services, **Sol Price School of Public Policy**
- **Nathalie Zuletta**, Executive Assistant to the Dean & Vice-Dean, **School of Dramatic Arts**
- **Piedad Suarez**, Professor of Clinical Dentistry, **Herman Ostrow School of Dentistry**



More Wellness Ambassadors will be added as they become designated. Meetings to share updates and network will be held quarterly. To learn more about the Wellness Ambassador Program, contact Julie Chobdee at jchobdee@usc.edu.

Health Promotion & Wellness Programs

Health promotion programs and wellness challenges were created based on employee interest and as an avenue to create awareness, educate, and motivate employees to live a healthier lifestyle. Engaging employees in their personal well-being was the first step, then shifting towards upstream approaches to public health that required collaboration with stakeholders to create well-being policies, practices, systems, and environmental and culture change advocacy.



Program Participation Numbers - Fiscal Year 2026

WalkUSC



-  • **1,862** Walk Check-ins
-  • **279** Registered

EatWell Bites



-  • **538** Participants
-  • **500** Registered

Foundations of Financial Wellness



-  • **388** Participants
-  • **510** Registered

Navigating Challenging Times Webinar Series



-  • **377** Participants
-  • **278** Registered



1,567 Total Registered



3,165 Total Participation

Program Participation and Impact

Over the past year, USC WorkWell's Health Promotion & Wellness Programs engaged faculty and staff through evidence-based initiatives that promoted healthier lifestyles and strengthened overall well-being. The following metrics summarize participation, audience demographics, satisfaction, and self-reported outcomes across all FY26 wellness programs, highlighting the collective impact these initiatives have had in supporting a healthier, more engaged USC community.



3,165 Total Participation

Participation



2,337 total registered*



906 unique participants



3,165 total participants



79% staff



10% faculty



11% other

*Includes WalkUSC registration from program inception June 2023.

Impact

Overall Satisfaction



97%

Enhanced Knowledge/Skills



90%

Behavior Change



84%

EatWell Bites



EatWell Bites is a monthly nutrition education series that helps USC faculty and staff make balanced food and lifestyle choices through practical tips, hands-on demonstrations, and evidence-based nutrition education. Virtual 30-minute webinars are held at 12:15 p.m. on the first Thursday of each month.

EatWell Bites is developed and delivered by the Healthy Campus EatWell Subcommittee, a cross-functional team of nutrition, health, and wellness experts representing:

- Clinical Nutrition, Keck Medicine of USC
- Institute for Food System Equity, USC Dornsife Center for Economic and Social Research
- Keck School of Medicine of USC
- USC Athletics
- USC Hospitality
- USC Leonard Davis School of Gerontology
- USC Student Health Center, Keck Medicine of USC
- USC Transplant Institute, Keck Medicine of USC
- USC WorkWell Center

EatWell Bites Overview

Participation

- **500** Faculty and staff registrations
- **538** Total attendees
- **79% Staff • 9% Faculty • 11% Other** (retirees, students, etc.)

Reach

- **3,659** Program materials distributed

Outcomes

- **98%** Overall program satisfaction
- **98%** Enhanced knowledge and skills
- **91%** Applied what they learned in their daily lives

Top Self-Reported Changes

- **73%** Improved mindful eating habits
- **53%** Incorporated healthy snacks
- **37%** Increased fruit and vegetable intake and meal prepping



“Testimonial: *This is one of the few areas I can point to when USC says they care about their employees. Keep offering these because they do offer good information that can help us live a better life.*”

WalkUSC



WalkUSC is a faculty and staff-led walking program that promotes physical activity, social connection, and overall well-being. Through on-campus and remote walks led by volunteer walk leaders, the program encourages employees to move more, connect with colleagues, and foster a culture of health across USC.



“

Testimonial: “The program has been a great way to connect with USC staff/faculty that are not a part of my department. Our conversations have provided me with insightful perspective and has challenged my perspective in helpful ways.”

”



WalkUSC Overview

Participation

- **460** Unique participants
- **1,862** Walk check-ins

Outcomes

- **94%** Overall program satisfaction
- **90%** Increased confidence integrating walking into daily life
- **84%** Likely to make a behavior change

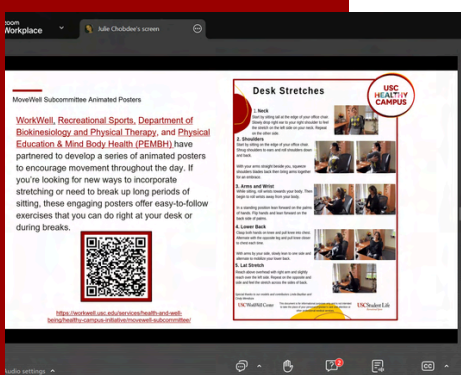
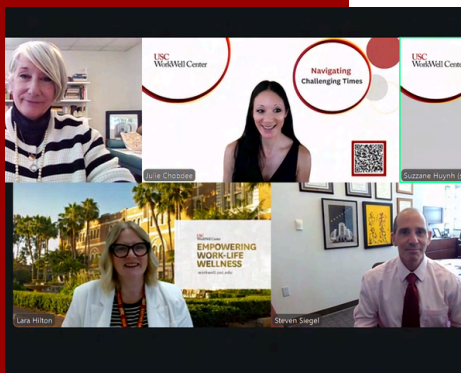
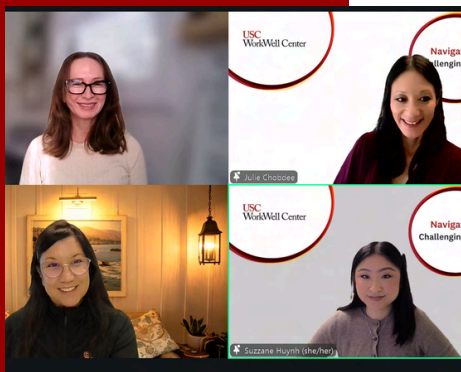
Top Self-Reported Changes

- **86%** Increased physical activity
- **54%** Improved sense of belonging
- **51%** Reduced stress

Navigating Challenging Times



Offered through USC's Office of Behavioral Health, **Navigating Challenging Times** is a comprehensive well-being initiative designed to support USC faculty and staff during periods of uncertainty and change. Through confidential counseling, leadership consulting, dialogue groups, and a monthly webinar series, the program provides practical strategies, resources, and support to help employees build resilience, manage stress, and prioritize their mental health and well-being.



Navigating Challenging Times Webinar Series Overview

Participation

- **278** Faculty and staff registrations
- **377** Total attendees
- **85% Staff • 8% Faculty • 6% Other**

Reach

- **1,228** Program materials distributed

Outcomes

- **97%** Overall program satisfaction
- **88%** Greater awareness of mental health resources
- **86%** Better prepared with actionable mental health strategies
- **77%** Likely to make a behavior change
- **66%** More confident navigating organizational challenges



Testimonial: “Thank you for having these resources at the ready for everyone navigating through these tough times together! I am grateful for how everyone is supportive of one another.”

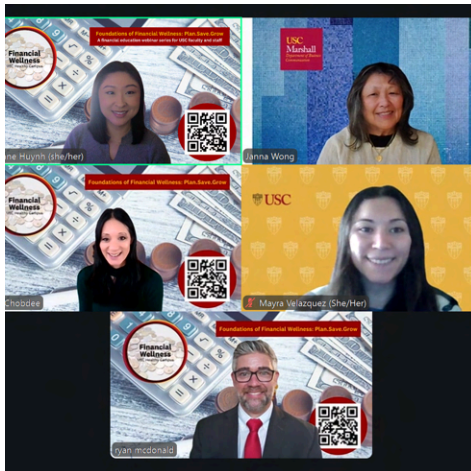
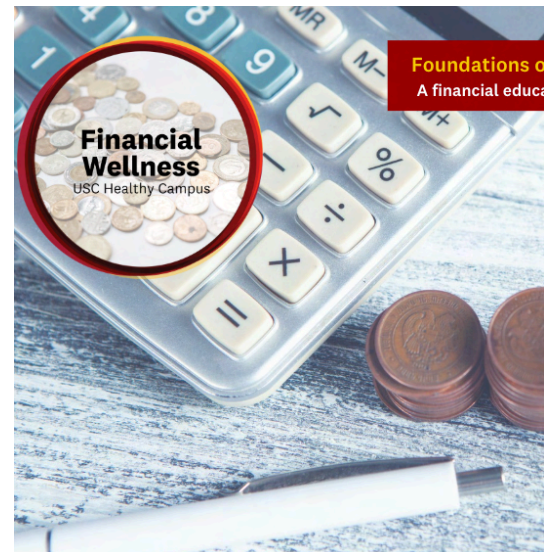


Foundations of Financial Wellness

Foundations of Financial Wellness: Plan. Save.

Grow. is a monthly webinar series that helps USC faculty and staff build the knowledge and confidence to make informed financial decisions and plan for long-term financial well-being. Sessions are held virtually from 12–1 p.m. on the second Wednesday of each month.

The series is presented through a collaboration between the Healthy Campus Financial Wellness Subcommittee, USC Retirement Administration, Fidelity, CAPTRUST, and MetLife, bringing together financial experts and trusted resources to support employees at every stage of their financial journey.



Testimonial: “Very nice and professional presenters! I appreciate the programming and think it is very important! THANK YOU!”

Foundations of Financial Wellness Overview

Participation

- **510** Faculty and staff registrations
- **388** Total attendees
- **81% Staff • 14% Faculty • 5% Other**

Reach

- **1,690** Program materials distributed

Outcomes

- **98%** Overall program satisfaction
- **83%** Greater confidence applying financial wellness strategies
- **84%** Likely to make a behavior change

Top Self-Reported Changes

- **42%** Reduced stress
- **32%** Committed to regular financial wellness checkups
- **32%** Created a budget

Healthy Campus Engagement

May Mental Health Awareness

In celebration of May Mental Health Awareness, we invited mental health and well-being leaders to lead 2 walks for 71 faculty, staff, and students. Thank you Dr. Sarah Van Orman, Dr. Lara Hilton, Dr. Steve Shapiro, and Dr. Steve Siegel.



Marshall School of Business and Leventhal School of Accounting

Provided content to the monthly Marshall HR newsletters and supported the creation of a virtual 5K aimed to prioritize movement and well-being. The goal was to encourage broad participation across Marshall and Leventhal by having faculty and staff complete one full 5K (3.1 miles) in a single session during the challenge period, while promoting physical activity, personal wellness, and community engagement. The virtual 5K was held between April 7 and May 31, 2026. A total of 50 participants ran, walked, jogged and rolled 180 miles!



Great job to Dr. Wendy Williams-Clark, Assistant Dean and Director, HR, and her team for their commitment and dedication to the well-being of their staff and faculty.

Healthy Campus Celebration

On April 29, 2026, Healthy Campus Advisory Committee and subcommittee members, WalkUSC walk leaders, and Wellness Ambassadors came together to celebrate our accomplishments and connect in-person. It was so great to see everyone!



Future Plans

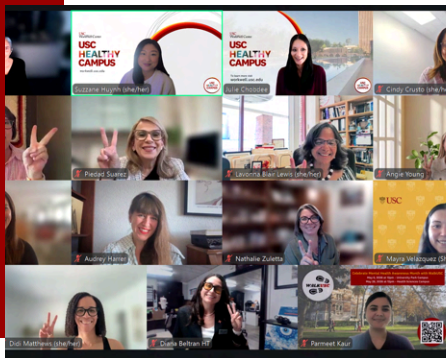
Over the next several years, USC Healthy Campus will expand and elevate its university-wide impact under the leadership of the USC Office of Health Affairs, Division of Behavioral Health. Building on a strong foundation, Healthy Campus strategies are being refined to reflect real-world key performance indicators and to leverage existing employee data to measure impact and drive programming. We will **deepen partnerships across academic and administrative units to support schools and units** seeking to enhance employee health and well-being.

A key priority will be **strengthening local-level engagement** through tailored consultation, recommendations, and implementation support. We will grow the Healthy Campus Wellness Ambassador Program, empowering faculty and staff champions to foster well-being within their schools and departments. By partnering with local leaders to develop health and well-being plans, we will identify opportunities for improvement, evaluate progress, and share successes across the university.



Healthy Campus subcommittees will continue **advancing projects, programs, practices, and policy recommendations that support a health promoting campus**. Priority areas include healthy food and beverage environments, physical activity, mental health, work-life harmony, social connection and belonging, financial wellness, and the built environment and sustainability. These focus areas will continue to evolve based on campus feedback, leadership priorities, emerging evidence, and benchmarking with peer institutions, ensuring Healthy Campus remains responsive to the changing needs of the USC community.

As we move forward, signature programs will emphasize risk reduction, health improvement, and enhancing the employee experience. **Our approach will balance support for individual well-being with meaningful improvements to organizational structures, policies, practices, and communications that make healthy choices easier and more sustainable.**



Increasing faculty engagement will remain an important priority. We will continue strengthening partnerships through the Healthy Campus Advisory Committee, subcommittees, program collaborations, and faculty participation. Success will depend on ongoing engagement with the Academic Senate, faculty councils, and academic leaders to better understand faculty needs and identify opportunities to support their health and well-being.

Healthy Campus will also **expand its presence across the medical enterprise** by collaborating with partners to increase awareness, accessibility, participation, and impact. We look forward to strengthening engagement with Keck Medical Center of USC, USC Verdugo Hills Hospital, USC Arcadia Hospital, Las Vegas Culinary Health Centers, and other satellite locations to further embed a culture of well-being throughout the health system.

Beginning in FY 2027, we will further **strengthen our evaluation efforts** by leveraging existing data to better measure outcomes, demonstrate impact, and inform continuous improvement. We will also **explore philanthropic opportunities**—including sponsorships, donations, grants, and endowments—to ensure the long-term sustainability and growth of Healthy Campus.

Sustained leadership commitment will be essential to advancing a culture of health and well-being at USC. Visible support from university leadership reinforces that employee health is a strategic priority and inspires action across every level of the institution. Healthy Campus will continue advocating for policies, investments, and partnerships that embed well-being into the university's culture and operations.



Creating a healthier campus requires both top-down leadership and grassroots engagement. Lasting culture change is achieved through sustained investment in people, programs, resources, and infrastructure, while empowering individuals and local communities to champion well-being in their everyday work. By integrating health and well-being into the systems, environments, and practices that shape campus life, **USC can continue building a healthier, more connected, and more equitable university community.** We invite faculty, staff, students, and leaders across USC to partner with us as we advance this shared vision.

Testimonials from our Healthy Campus Community

“

This is one of the few areas I can point to when USC says they care about their employees. Keep offering these because they do offer good information that can help us live a better life.

”

Making a Difference

"Your efforts have contributed (and continue to contribute) to the health and well-being of the USC community in a very meaningful way—thank YOU."

"I know this has been a huge amount of work and is a wonderful achievement. Thank you for providing this healthy and fun resource to the USC community."

"It was a pleasure to work with you. I greatly appreciate all the good things the WorkWell Center has done and will continue to do."



Creating a Healthier USC

"I truly appreciate all that you and your team are doing to make USC a healthier place to work. It's been an honor to be a part of these efforts and to learn and grow alongside a group of committed staff and faculty."

"Kudos to you all for building out this new program! I know it's going to continue growing and creating an opportunity for new hires to begin this new journey with a positive outlook and understand the impact well-being has on their lives."

"Keep on doing the great work you, the team, and volunteers are doing! It's so important now more than ever with our community being impacted."

“ *I want to express my sincere appreciation for the outstanding service you and your team provide. Your efforts make a meaningful difference, and I'm truly grateful. I'd love to learn how I can best support and collaborate with you moving forward.* ”

“

I appreciate your leadership in getting us to this point. You have corralled us, inspired us, and sometimes added the appropriate restraint when we try to bite off too much. I have learned a lot from your style of facilitating and guiding rather than directing the path. This style has led to engagement and participants feeling a sense of ownership of our projects.

”



Building Partnerships



"I'm so glad you brought Healthy Campus to USC. Your vision and leadership have been instrumental in building something that truly benefits all Trojans, and it's been a pleasure to partner with you along the way."

"Thank you all for your partnership and everything you do to support staff and faculty at USC."

"You have been such a fantastic collaborator and have accomplished so much in your Healthy Campus work! I really respect you."

"Thank you so much, Suzzane! Your kind words mean a lot. Thank you for being such a fantastic collaborator and for all the much-needed work you are doing to improve well-being at USC. You are truly appreciated!"

“

"Over the past seven years at USC, being part of Healthy Campus has been one of my greatest joys and most meaningful experiences. The care, collaboration, and genuine commitment to improving the well-being of our campus community is something I will always carry with me."

”

Building Community

"It's one thing to see reports and read emails about Healthy Campus, but it's quite another to see so many of the people involved in one place and talk about the varying impactful projects. I'm amazed how you found and maintain such a committed group of volunteer colleagues for these causes."

"Thank you all for your graciousness and understanding towards my exuberance towards being a member of a group committed to promoting work-life harmony. Being part of this community continues to provide inspiration, motivation, and sustenance."

"Thank you very much for this meaningful recognition. It has been an honor to contribute to the USC Healthy Campus Advisory Committee and collaborate with such dedicated colleagues across the university."

Acknowledgments and Contacts

We want to acknowledge USC WorkWell Center's Health & Well-being team in the implementation of Healthy Campus and in preparing this report:

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